

Vitamin A	10000 IUs	Calcium	1200 - 1500mg
Beta-Carotene	15000-30000 IUs	Chloride	2-4 g
Vitamin D	400 -1000 IUs	Chrom	400 mcg
Vitamin E	400-800 IUs	Copper	2-3 mg
Vitamin K	300 mcg	Fluoride	1.5-3.5 mg
Vitamin B1	75-150mg	Iodine	150-300 mcg
Vitamin B2	50-100 mg	Iron	18-30 mg
Vitamin B3	75-150 mg	Magnesium	500-800 mg
Vitamin B5	500-1000 mg	Manganese	2.5-15 mg
Vitamin B6	100 mg	Molybdenum	500 mcg
Pyridoxal-5-phosphate	50-100 mg	Phosphorus	800-1200 mg
Vitamin B12	100-200 mcg	Potassium (Kalium)	2-5 g
Folic acid	800 mcg	Selenium	150-300 mcg
PABA	5-50 mg	Silicon	100 mg
Biotin	500 mcg	Sodium	1.5-4 g
Choline	50-1000 mg	Zinc	30-60 mg
Inositol	500 mg	L-Carnitin	1-5g
Vitamin C	4-6 g		
Bioflavonoids	250-500 mg		
Evening Primrose	500 mg		
EPA fish oil	1000 mg		

Optimale Vitaminversorgung für Frauen über 40, nach Dr. Elson M .Haas